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# MEDICINE & Health

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**7<sup>th</sup> Malaysia Indonesia Brunei  
Medical Sciences Conference**  
"TOWARDS A HOLISTIC AND INTEGRATIVE  
APPROACH IN HEALTHCARE"

SKULL

22<sup>nd</sup> - 24<sup>th</sup> July 2011  
Equatorial Hotel, Bangi, Selangor,  
MALAYSIA

officiated by  
**Y.B Datuk Rosnah Haji Abdul Rashid Shirlin**  
Deputy Minister of Health Malaysia

Organised by

**CHI KUNG AND HEALTH**

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*Chi Kung* is a set of Chinese traditional exercises which work with the *Chi* or energy which is very different to the allopathic methods of managing health. A balanced and harmonious mind and body indicates that the flow of *Chi* in the meridians or energy pathways is good. The four major styles of *Chi Kung* are supported by three techniques, namely, specific body movement, breathing and mind concentration. The major benefits of *Chi Kung* are promotion of health, reduction of health problems and management of stress more effectively. *Chi Kung* can contribute to nursing and nursing education in health promotion, stress management, cardiac rehabilitation, counselling and in establishing a therapeutic relationship between patients and nurses.

**Key words:** Traditional Medicines, Malay Local herbs, Traditional Chinese Medicines, perceptions, Brunei Darussalam, *chi*, *chi kung*, *energy*, *health*, *Yin*, *Yang*.